

# Aquatics

355 Martins Lane, Rockville, MD 20850 • 240-314-8750

## Rockville Municipal Swim Center

The Swim Center has two indoor and outdoor pools, outside interactive "Sprayground," 150 ft. waterslide, saunas, whirlpool and healthy/exercise rooms. Different types of memberships are available or a daily admission fee can be purchased. Memberships must be up-to-date to receive a discounted rate.

**M= Member • NM= Non Member**  
**Fee = M/NM**

### Registration Procedures

**Residents & Members:**  
Thursday, August 14, 8:30 a.m.

**Non-Residents & Non-Members:**  
Thursday, August 28, 8:30 a.m.

**Registration Deadline:**  
2 weeks prior to start date.

**No classes November 27-30**

Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor. There is a \$10 withdrawal fee for all refunds; \$5 fee for switching classes.

**Mail to:** or **Fax to:**  
Swimming Lessons Swimming Lessons  
Rockville Swim Ctr 240-314-8759  
355 Martins Lane  
Rockville, MD 20850

## Adult/Child Swim

An adult must accompany each child into the water for every Adult/Child program. A signed doctor's note is required for the first class (either on the doctor's letterhead or a prescription pad.) The City of Rockville does not provide a form for this purpose. **Note: Non-toilet trained children must wear a swim diaper under tight fitting vinyl pants. Pants are on sale at the Swim Center.**

### Bubblers 1 - Adult/Child

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety. ♥

Age: 6-18 mo				M/NM
26547	Sa	9/6-10/18	10:50-11:20 AM	\$63/\$78
26546	Su	9/7-10/19	10:25-10:55 AM	\$63/\$78
26544	Tu	9/9-10/21	9-9:30 AM	\$63/\$78
26548	Sa	10/25-12/13	10:50-11:20 AM	\$63/\$78
26549	Su	10/26-12/14	10:25-10:55 AM	\$63/\$78
26545	Tu	10/28-12/9	9-9:30 AM	\$63/\$78

### Bubblers 2 - Adult/Child

Tots with little or no experience are welcome! Children learn the basics of swimming such as submerging, floating, kicking and arm stroking. ♥

Age: 18 mo-3 yr				M/NM
26552	Sa	9/6-10/18	10:10-10:40 AM	\$63/\$78
26554	Su	9/7-10/19	9:50-10:20 AM	\$63/\$78
26558	Su	9/7-10/19	11:30 AM-12 PM	\$63/\$78
26550	M	9/8-10/20	2-2:30 PM	\$63/\$78
26557	Th	9/11-10/23	9-9:30 AM	\$63/\$78
26553	Sa	10/25-12/13	10:10-10:40 AM	\$63/\$78
26555	Su	10/26-12/14	9:50-10:20 AM	\$63/\$78
26559	Su	10/26-12/14	11:30 AM-12 PM	\$63/\$78
26551	M	10/27-12/8	10:50-11:20 AM	\$63/\$78
26560	Th	10/30-12/11	9-9:30 AM	\$54/\$67



♥ = Step Up To Health Program



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## Bobbers 1 - Adult/Child

Along with an adult, children will learn to adjust to the water! They will also learn the simple water skills such as submerging, floating, kicking and arm stroking. ♥

Age: 3-5				M/NM
26529	Sa	9/6-10/18	9-9:30 AM	\$63/\$78
26528	Sa	9/6-10/18	11:25-11:55 AM	\$63/\$78
26530	Su	9/7-10/19	9:15-9:45 AM	\$63/\$78
26533	Su	9/7-10/19	11-11:30 AM	\$63/\$78
26534	W	9/10-10/22	2-2:30 PM	\$63/\$78
26535	Sa	10/18-12/6	11:25-11:55 AM	\$63/\$78
26536	Sa	10/25-12/13	9-9:30 AM	\$63/\$78
26532	Su	10/26-12/14	9:15-9:45 AM	\$63/\$78
26531	Su	10/26-12/14	11-11:30 AM	\$63/\$78
26525	W	10/29-12/10	2-2:30 PM	\$63/\$78

## Bobbers 2 - Adult/Child

Children who already know how to do a front float with a kick should sign up for this class. They will work on back floats, combining parts of the crawl stroke, and endurance. Work in the deep end is done as well. ♥

Age: 3-5				M/NM
26538	Sa	9/6-10/18	9:35-10:05 AM	\$63/\$78
26539	Sa	9/6-10/18	8:25-8:55 AM	\$63/\$78
26540	Su	9/7-10/19	8:40-9:10 AM	\$63/\$78
26541	Sa	10/25-12/13	9:35-10:05 AM	\$63/\$78
26542	Sa	10/25-12/13	8:25-8:55 AM	\$63/\$78
26543	Su	10/26-12/14	8:40-9:10 AM	\$63/\$78

## Fearful Floaters *New*

Designed for the apprehensive child, this class is intended for children who have a reluctance to participate in a Floaters 1 class, but who are ready to try a class without parent/adult participation. Taught at a slower pace, it stresses water adjustment and comfort putting their face in water. To ease your child's anxiety, parents/adults will remain on deck for the duration of the lesson. ♥

Age: 4-6				M/NM
26514	M	9/8-10/20	4:30-5 PM	\$66/\$82
26517	W	9/10-10/22	4:30-5 PM	\$66/\$82
26516	M	10/27-12/8	4:30-5 PM	\$66/\$82
26518	W	10/29-12/10	4:30-5 PM	\$66/\$82

## Preschool Swim

We love parents but . . . in order to assist us in offering a quality program for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Thank you for your cooperation. Registration deadline for all activities is two (2) weeks prior to the start of the class, unless otherwise noted.

## Floaters 1

Floaters 1 is designed for children who need to become adjusted to the water. They will learn to do front/back floats, kicking and arm stroking as well as putting their face in the water. Children will learn to swim five yards on their front and back. ♥

Age: 4-6				M/NM
26412	Su	9/7-10/19	10:30-11:10 AM	\$66/\$82
26413	Su	9/7-10/19	11:15-11:55 AM	\$66/\$82
26402	Su	10/26-12/14	10:30-11:10 AM	\$66/\$82
26418	Su	10/26-12/14	11:15-11:55 AM	\$66/\$82
26403	Sa	9/6-10/18	9-9:40 AM	\$66/\$82
26405	Sa	9/6-10/18	10:30-11:10 AM	\$66/\$82
26406	Sa	9/6-10/18	11:15-11:55 AM	\$66/\$82
26410	Su	9/7-10/19	9-9:40 AM	\$66/\$82
26411	Su	9/7-10/19	9:45-10:25 AM	\$66/\$82
26409	M	9/8-10/20	3:30-4 PM	\$66/\$82
26393	M	9/8-10/20	4-4:30 PM	\$66/\$82
26395	Tu	9/9-10/21	4:30-5 PM	\$66/\$82
26397	Tu	9/9-10/21	5:30-6 PM	\$66/\$82
26399	W	9/10-10/22	3:30-4 PM	\$66/\$82
26396	W	9/10-10/22	4-4:30 PM	\$66/\$82
26407	F	9/12-10/24	3:30-4 PM	\$66/\$82
26400	Sa	10/25-12/13	9-9:40 AM	\$66/\$82
26415	Sa	10/25-12/13	10:30-11:10 AM	\$66/\$82
26416	Su	10/26-12/14	9-9:40 AM	\$66/\$82
26417	Su	10/26-12/14	9:45-10:25 AM	\$66/\$82
26414	M	10/27-12/8	3:30-4 PM	\$66/\$82
26394	M	10/27-12/8	4-4:30 PM	\$66/\$82
26419	Tu	10/28-12/9	4:30-5 PM	\$66/\$82
26398	Tu	10/28-12/9	5:30-6 PM	\$66/\$82
26401	W	10/29-12/10	3:30-4 PM	\$66/\$82
26420	W	10/29-12/10	4-4:30 PM	\$66/\$82
26408	F	10/31-12/12	3:30-4 PM	\$57/\$71



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## Floaters 2

Children who are comfortable in the water, can submerge for 5-10 seconds and know how to swim five yards on their front and back should take this class. They will continue to work on and develop basic swimming skill such as front/back glides, kicking, arm strokes and rhythmic breathing. ♥

Age: 4-6				M/NM
26431	Sa	9/6-10/18	9:45-10:25 AM	\$66/\$82
26432	Sa	9/6-10/18	11:15-11:55 AM	\$66/\$82
26433	Su	9/7-10/19	9:45-10:25 AM	\$66/\$82
26434	Su	9/7-10/19	11:15-11:55 AM	\$66/\$82
26424	M	9/8-10/20	4-4:30 PM	\$66/\$82
26425	Tu	9/9-10/21	5-5:30 PM	\$66/\$82
26426	W	9/10-10/22	3:30-4 PM	\$66/\$82
26421	Th	9/11-10/23	4:30-5 PM	\$66/\$82
26428	Th	9/11-10/23	5-5:30 PM	\$66/\$82
26429	F	9/12-10/24	4-4:30 PM	\$66/\$82
26438	Sa	10/25-12/13	9:45-10:25 AM	\$66/\$82
26439	Sa	10/25-12/13	11:15-11:55 AM	\$66/\$82
26440	Su	10/26-12/14	9:45-10:25 AM	\$66/\$82
26441	Su	10/26-12/14	11:15-11:55 AM	\$66/\$82
26427	W	10/29-12/10	3:30-4 PM	\$66/\$82
26435	M	10/27-12/8	4-4:30 PM	\$66/\$82
26436	Tu	10/28-12/9	5-5:30 PM	\$66/\$82
26442	Th	10/30-12/11	4:30-5 PM	\$57/\$71
26437	Th	10/30-12/11	5-5:30 PM	\$57/\$71
26430	F	10/31-12/12	4-4:30 PM	\$57/\$71

## Strokers 1

Children who can swim a combined stroke on the front and back and can do kicking with arm stroking for at least 8 yards should take this class. Stroke development, back crawl, whip kick, treading water and rhythmic breathing will be taught. ♥

Age: 4-7				M/NM
26456	Sa	9/6-10/18	9:45-10:25 AM	\$66/\$82
26458	Su	9/7-10/19	9-9:40 AM	\$66/\$82
26450	Su	9/7-10/19	11:15-11:55 AM	\$66/\$82
26449	M	9/8-10/20	4:30-5 PM	\$66/\$82
26452	W	9/10-10/22	4-4:30 PM	\$66/\$82
26454	Th	9/11-10/23	5-5:30 PM	\$66/\$82
26455	F	9/12-10/24	4:30-5 PM	\$66/\$82
26451	Sa	10/25-12/13	11:15-11:55 AM	\$66/\$82
26462	Su	10/26-12/14	9-9:40 AM	\$66/\$82
26459	M	10/27-12/8	4:30-5 PM	\$66/\$82
26453	W	10/29-12/10	4-4:30 PM	\$66/\$82
26460	Th	10/30-12/11	5-5:30 PM	\$57/\$71
26461	F	10/31-12/12	4:30-5 PM	\$57/\$71

## Strokers 2

This class is for children who can swim a coordinated crawl stroke and backstroke for 15 yards and are comfortable in the deep. They will work on perfecting front/back crawl and treading water. Students will be introduced to elementary backstroke and breaststroke. ♥

Age: 4-7				M/NM
26474	Sa	9/6-10/18	9-9:40 AM	\$66/\$82
26475	Su	9/7-10/19	10:30-11:10 AM	\$66/\$82
26477	Tu	9/9-10/21	5:30-6 PM	\$66/\$82
26471	W	9/10-10/22	4:30-5 PM	\$66/\$82
26473	Sa	10/25-12/13	10:30-11:10 AM	\$66/\$82
26476	Su	10/26-12/14	11:15-11:55 AM	\$66/\$82
26478	Su	10/26-12/14	9:45-10:25 AM	\$66/\$82
26479	Tu	10/28-12/9	5:30-6 PM	\$66/\$82
26472	W	10/29-12/10	4:30-5 PM	\$66/\$82

## Children's Swim

We love parents but . . . to assist us in offering a quality program for your child, we ask that parents wait in the lobby during classes. Experience has shown that children are easily distracted because of their short attention spans. Thank you for your cooperation.

## Mini Swim Team Prep

Children should be able to swim 25 yards of freestyle and back stroke for this course. A legal competitive breast stroke will be taught as well as an introduction to butterfly. Children are encouraged to take this course prior to registering for swim team. ♥

Age: 5-7				M/NM
26510	Th	9/11-10/23	5:30-6 PM	\$66/\$82
26509	Th	10/30-12/11	5:30-6 PM	\$57/\$71

## Swim Team Prep

Swimmers must be able to swim two lengths (50 yards) of a coordinated freestyle, back crawl and one length (25 yards) of a breaststroke. Breaststroke perfection and endurance will be emphasized. Children must have passed Youth 6 and 7 to enroll. ♥

Age: 7+				M/NM
26561	Sa	9/6-10/18	9:45-10:25 AM	\$59/\$73
26563	Su	9/7-10/19	12-12:40 PM	\$59/\$73
26564	Su	9/7-10/19	10:30-11:10 AM	\$59/\$73





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26566	Sa	10/25-12/13	11:15-11:55 AM	\$59/\$73
26567	Su	10/26-12/14	9:45-10:25 AM	\$59/\$73
26568	Su	10/26-12/14	10:30-11:10 AM	\$59/\$73

## Youth 1

Water adjustment is the focus of this class. Children will be introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming five yards front and back. Children must also be able to put their face all the way in the water and be comfortable with all of these skills prior to moving on to Youth 2. ♥

Age: 6+				M/NM
26489	Sa	9/6-10/18	9:45-10:25 AM	\$59/\$73
26490	Sa	9/6-10/18	10:30-11:10 AM	\$59/\$73
26491	Su	9/7-10/19	10:30-11:10 AM	\$59/\$73
26492	Su	9/7-10/19	12-12:40 PM	\$59/\$73
26487	Tu	9/9-10/21	4:30-5 PM	\$59/\$73
26493	Su	10/26-12/14	12-12:40 PM	\$59/\$73
26494	Sa	10/25-12/13	9-9:40 AM	\$59/\$73
26495	Su	10/26-12/14	10:30-11:10 AM	\$59/\$73
26488	Tu	10/28-12/9	4:30-5 PM	\$59/\$73

## Youth 2

Children who can submerge for 5-10 seconds and do a front float should take this class. They will work on basic swimming skills such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing. ♥

Age: 6+				M/NM
26498	Sa	9/6-10/18	9-9:40 AM	\$59/\$73
26499	Sa	9/6-10/18	10:30-11:10 AM	\$59/\$73
26500	Su	9/7-10/19	9-9:40 AM	\$59/\$73
26501	Su	9/7-10/19	12-12:40 PM	\$59/\$73
26497	M	9/8-10/20	3:30-4 PM	\$59/\$73
26502	Tu	9/9-10/21	5-5:30 PM	\$59/\$73
26505	Sa	10/25-12/13	9:45-10:25 AM	\$59/\$73
26507	Su	10/26-12/14	12-12:40 PM	\$59/\$73
26508	M	10/27-12/8	3:30-4 PM	\$59/\$73
26503	Tu	10/28-12/9	5-5:30 PM	\$59/\$73

**Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be cancelled.**

**REGISTER EARLY!**

## Youth 3

Children who can swim a combined stroke for five yards (kicking while moving their arms) on the front and back should take this class. Children will learn to develop stroke improvement, back crawl, whip kick, treading water and rhythmic breathing. ♥

Age: 6+				M/NM
26569	Sa	9/6-10/18	9-9:40 AM	\$59/\$73
26572	Su	9/7-10/26	9:45-10:25 AM	\$59/\$73
26573	Su	9/7-10/19	10:30-11:10 AM	\$59/\$73
26574	Su	9/7-10/19	12-12:40 PM	\$59/\$73
26578	Sa	10/25-12/13	9-9:40 AM	\$59/\$73
26570	Sa	10/25-12/13	10:30-11:10 AM	\$59/\$73
26575	Su	10/26-12/14	9-9:40 AM	\$59/\$73
26576	Su	10/26-12/14	10:30-11:10 AM	\$59/\$73
26577	Su	10/26-12/14	12-12:40 PM	\$59/\$73

## Youth 4

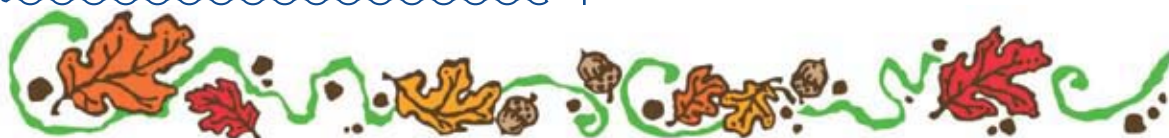
Children who are comfortable in the water and can swim a coordinated crawl stroke and backstroke for 15 yards should take this class. Children will work on perfecting front crawl, back crawl and treading water. Students will be introduced to elementary backstroke and breaststroke as well as butterfly arms. ♥

Age: 6+				M/NM
26581	Sa	9/6-10/18	10:30-11:10 AM	\$59/\$73
26582	Sa	9/6-10/18	11:15-11:55 AM	\$59/\$73
26583	Su	9/7-10/19	9-9:40 AM	\$59/\$73
26585	Su	9/7-10/19	11:15-11:55 AM	\$59/\$73
26586	Sa	10/25-12/13	11:15-11:55 AM	\$59/\$73
26587	Su	10/26-12/14	9-9:40 AM	\$59/\$73
26588	Su	10/26-12/14	9:45-10:25 AM	\$59/\$73
26589	Su	10/26-12/14	11:15-11:55 AM	\$59/\$73
26584	Sa	10/25-12/13	9:45-10:25 AM	\$59/\$73

## Youth 5

Children who can already swim one length of front crawl, back crawl and can swim 15 yards of elementary backstroke in good form as well as tread water, dive into and swim in deep water should take this class. Children will learn breaststroke and sidestroke. All other previously learned strokes will be refined. ♥

Age: 6+				M/NM
26591	Sa	9/6-10/18	9-9:45 AM	\$59/\$73
26592	Sa	9/6-10/18	11:15-11:55 AM	\$59/\$73
26594	Su	9/7-10/19	9:45-10:25 AM	\$59/\$73
26595	Su	9/7-10/19	11:15-11:55 AM	\$59/\$73



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26596	Sa	10/25-12/13	9:45-10:25 AM	\$59/\$73
26590	Su	10/26-12/14	9-9:40 AM	\$59/\$73
26597	Su	10/26-12/14	9:45-10:25 AM	\$59/\$73
26598	Su	10/26-12/14	12-12:40 PM	\$59/\$73

## Youth 6

The ability to swim two lengths (50 yards) of front crawl, back crawl and swim 15 yards of sidestroke, all in good form, are required for this class. Children will work on breaststroke, turns and the dolphin kick in addition to refining other strokes. ♥

Age: 6+				M/NM
26604	Sa	9/6-10/18	9:45-10:25 AM	\$59/\$73
26599	Su	9/7-10/19	9:45-10:25 AM	\$59/\$73
26600	Su	9/7-10/19	10:30-11:10 AM	\$59/\$73
26606	Sa	10/25-12/13	9-9:40 AM	\$59/\$73
26605	Sa	10/25-12/13	10:30-11:10 AM	\$59/\$73
26601	Su	10/26-12/14	9-9:40 AM	\$59/\$73
26603	Su	10/26-12/14	11:15-11:55 AM	\$59/\$73

## Youth 7

Swimmers who are able to swim two lengths (50 yards) of freestyle and backstroke and one full length (25 yards) of breaststroke should take this class. Children will work on stroke improvement, endurance, butterfly, turns and racing dives. Note: Swimmers must have passed Youth 5 and 6 in order to enroll. ♥

Age: 6+				M/NM
26610	Sa	9/6-10/18	10:30-11:10 AM	\$59/\$73
26609	Su	9/7-10/19	11:15-11:55 AM	\$59/\$73
26611	Su	9/7-10/19	12-12:40 PM	\$59/\$73
26608	Su	9/7-10/19	9-9:40 AM	\$59/\$73
26613	Sa	10/25-12/13	10:30-11:10 AM	\$59/\$73
26614	Su	10/26-12/14	10:30-11:10 AM	\$59/\$73
26615	Su	10/26-12/14	11:15-11:55 AM	\$59/\$73

## Adult Swim

### Adult Beginner 1

This is an aquatic orientation class. Adults will be introduced to basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing. ♥

Age: 14+				M/NM
26288	Tu	9/9-10/21	8:20-9:05 PM	\$59/\$73
26290	W	9/10-10/22	8:30-9:15 PM	\$59/\$73

26289	Tu	10/28-12/9	8:20-9:05 PM	\$59/\$73
26291	W	10/29-12/10	8:30-9:15 PM	\$59/\$73

### Adult Beginner 2

This class is designed for adults who have been introduced to the basics of swimming but need to work on stroke coordination and rhythmic breathing. Treading water and breaststroke will be demonstrated. Adult Beginner 1 is recommended prior to attending. ♥

Age: 14+				M/NM
26298	W	9/10-10/22	8:30-9:15 PM	\$59/\$73
26296	Th	9/11-10/23	8:20-9:05 PM	\$59/\$73
26293	W	10/29-12/10	8:30-9:15 PM	\$59/\$73
26300	Th	10/30-12/11	8:20-9:05 PM	\$51/\$64

### Adult Beginner 3

Swimmers should be comfortable in deep water, able to tread water and swim 20 yards of front crawl stroke and back crawl. Adult Beginner 2 is recommended prior to taking this class. Class will help students refine the crawl stroke, back crawl and teach the elementary backstroke and breaststroke. ♥

Age: 14+				M/NM
26312	Tu	9/9-10/21	8:20-9:05 PM	\$59/\$73
26311	Tu	10/28-12/9	8:20-9:05 PM	\$59/\$73

### Adult Beginner 4 *New*

Swimmers who can swim a length of the pool but still need to work on endurance and technique should take this class. Rhythmic breathing and treading water are required. Front crawl, back crawl, breaststroke, elementary backstroke and sidestroke techniques will be stressed. Adult Beginner 3 is recommended prior to taking this class and skills will be taught to prepare students for Adult Stroke Correction. ♥

Age: 14+				M/NM
26519	Th	9/11-10/23	8:20-9:05 PM	\$59/\$73
26520	Th	10/30-12/11	8:20-9:05 PM	\$51/\$64



# Aquatics

## Adult Water Fitness

### Aqua Boogie

Join us for this aquatic dance class that will move and shake your muscles in the water! Various genres of music will be used from swing to jazz to boogie. Keep in shape and learn new dance steps at the same time! A great mid-morning work out. ♥

Age: 14+ M/NM  
26524 W 9/10-12/10 10:10-10:55 AM \$61/\$76

### Aqua Fitness

Aqua Fitness is a low impact, high intensity class designed to improve flexibility, range of motion, strength, muscle tone, posture and cardiovascular endurance. Exercises are performed in chest deep water to lively, motivating music. Styrofoam barbells and/or pool 'noodles' may be used and will be provided at the class. ♥

Age: 16+ M/NM  
26322 M & W 9/8-12/10 9:15-10 AM \$121/\$140  
26327 M & W 9/8-12/10 8:30-9:15 AM \$121/\$140  
26323 Tu & Th 9/9-12/11 8:30-9:15 AM \$117/\$136  
26324 Tu & Th 9/9-12/11 9:15-10 AM \$117/\$136  
26325 F 9/12-12/12 9:15-10 AM \$58/\$72  
26326 F 9/12-12/12 8:30-9:15 AM \$58/\$72

### Aqua Jog

This jogging class will take you from deep to shallow water, using it's resistance to help with your workout. Participants will be provided with a belt or can bring their own. You can step up the moves for a more cardio workout or tone it down for a low impact, strengthening workout. Music may be used. ♥

Age: 14+ M/NM  
26523 M 9/8-12/8 10:15-11 AM \$61/\$76

### Deep Water Workout

Enjoy a class taught completely in the deep end of the pool. We provide the water belt, you provide the energy! This will work your legs and help tone your whole body. Music may be used. ♥

Age: 16+ M/NM  
26339 M 9/8-12/8 9:15-10 AM \$61/\$76  
26342 Tu 9/9-12/9 7:35-8:20 PM \$61/\$76

26340 W 9/10-12/10 9:15-10 AM \$61/\$76  
26343 Th 9/11-12/11 7:35-8:20 PM \$57/\$71  
26341 F 9/12-12/12 9:15-10 AM \$57/\$71

### H2O Walking

Join our fitness program that involves walking in waist-to-chest-deep water using different steps and directions at varying speeds to achieve cardio-respiratory fitness. Thirty minutes of water walking equals two hours of land walking. Taught in deep and shallow water. Music may be used. ♥

Age: 15+ M/NM  
26350 M 9/8-12/8 9:20-10:05 AM \$61/\$76  
26352 Tu 9/9-12/9 7:35-8:20 PM \$61/\$76  
26351 W 9/10-12/10 9:20-10:05 AM \$61/\$76  
26353 Th 9/11-12/11 7:35-8:20 PM \$57/\$71  
26353 Th 9/11-12/11 7:35-8:20 PM \$57/\$71  
26344 F 9/12-12/12 9:20-10:05 AM \$57/\$71

### Noodle-cise

Tired of a typical workout? This is the class for you. A noodle is a long foam swim aid that most people see children playing with in the pool, but this is a shallow to deep workout utilizing the noodle! This class will help strengthen and tone muscles in a fun, unique way. Water belts, barbells and music may be used. ♥

Age: 14+ M/NM  
26392 Th 9/11-12/11 10:10-10:55 AM \$57/\$71

### Swim 4 Fitness

Learn to swim farther without getting tired. The goal is to swim one mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. Students do not have to be proficient swimmers to enroll but must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys. ♥

Age: 15+ M/NM  
26372 Tu 9/9-12/9 9:15-10 PM \$65/\$80  
26371 Tu 9/9-12/9 11:10-11:55 AM \$65/\$80  
26374 Th 9/11-12/11 9:15-10 PM \$60/\$75  
26373 Th 9/11-12/11 11:10-11:55 AM \$60/\$75

♥ = Step Up To Health Program



# Aquatics

## Twinges in Your Hinges

Take your aches and pains to the pool and leave them behind when you go! Designed for, but not limited to, those suffering from Arthritis and other related disorders. This low-impact class is geared towards increasing muscle strength, flexibility, range of motion, endurance, and balance. Pain reduction and improving cardiovascular fitness are also emphasized. ♥

Age: 14+				M/NM
26380	M & W	9/8-12/10	9:15-10:15 AM	\$149/\$177
26381	Tu & Th	9/9-12/11	8:30-9:30 AM	\$144/\$172

## Water Running and Conditioning

A non-impact, high-intensity program that emphasizes cardiovascular strength and endurance as well as flexibility, range of motion and core strength. Classes are held in the deeper water and participants will use flotation belts. No swimming skills are necessary. This program will be of particular benefit to runners and other active exercisers who are looking for a challenging workout. ♥

Age: 18+				M/NM
26511	Tu	9/9-12/9	10:10-10:55 AM	\$61/\$76
26513	Tu & Th	9/9-12/11	10:10-10:55 AM	\$118/\$147
26512	Th	9/11-12/11	10:10-10:55 AM	\$57/\$71

## Senior Swim

### 60 Plus Swim

Need some exercise? This class is taught in the shallow end of the pool, and is designed to emphasize stretching and toning. Work out while listening to popular 'oldies' music. You don't need to swim or even get your hair wet. Some swim equipment is used. Note: Senior residents pay the member fee. ♥

Age: 60+				M/NM
26285	Tu & Th	9/9-12/11	2:05-2:50 PM	\$61/\$76

## Senior Adult Exercise Swim

Need to stop those aches and pains? Come have the time of your life in a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body. Senior residents pay the member fee. ♥

Age: 60+				M/NM
26361	M&W	9/8-12/10	2:35-3:20 AM	\$64/\$80

## Senior Aquacize

Senior citizens will benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles. Note: Senior residents pay the member fee. ♥

Age: 60+				M/NM
26363	M,W&F	9/8-12/12	10:10-10:55 AM	\$94/\$116

## Senior Aquacize - Advanced

This class is similar to Senior Aquacize, only faster paced. Note: Senior residents pay the member fee. ♥

Age: 60+				M/NM
26365	M,W&F	9/8-12/12	11:05-11:50 AM	\$94/\$116

## Special Swim

### Aqua Gait Training *New*

This exercise class is for participants of pre-or post-knee or hip replacement surgery. It is intended to strengthen and tone muscles and help restore balance and flexibility. It is taught in waist deep water. Students will use the ramp entry to the North Pool and must be able to walk with minor assistance. Doctor's approval is recommended prior to the start of class. ♥

Age: 16+				M/NM
26521	Tu&Th	9/9-10/23	9:35-10:05 AM	\$66/\$81
26522	Tu&Th	10/28-12/11	9:35-10:05 AM	\$61/\$75





# Aquatics

## Aqua Pre & Post-Natal Workout

This course is designed with the needs of women who are currently pregnant or recently have delivered. The low-impact class will help keep you fit during and after your pregnancy. Consult your doctor before starting this class. ♥

Age: 18+ M/NM  
26330 F 9/12-12/12 10:10-10:55 AM \$70/\$87

## Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach! Water provides a stress-free environment which enables you to continue therapy and rehabilitation. Learn additional skills in this multi-level modified exercise class. Tailored to individual needs. ♥

Age: 18+ M/NM  
26332 Tu & Th 9/9-12/11 10:10-10:55 AM \$144/\$172

## Rockville Masters Swimming

Designed specifically for swimmers who are competing in the Masters Program of U.S. Swimming Inc. Those participating in the RMSC group will not, however, be required to 'attach' to RMSC for team purposes. This is a structured swimming workout with a professional coach. Participants are expected to have attained a reasonable level of proficiency in at least two of four competitive strokes. ♥

Age: 18+ M/NM  
26354 M,W&F 9/8-12/12 6:30-7:30 AM \$180/\$195  
26355 M&W 9/8-12/10 6:30-7:30 AM \$128/\$149  
26360 M 9/8-12/8 6:30-7:30 AM \$76/\$95

## Women's Synchronized Swimming

Join us and combine swimming and exercise at the same time. This exciting class will teach water movements and the strokes you need. The class may be split according to ability. ♥

Age: 18+ M/NM  
26383 Tu 9/9-12/9 9:40-11 AM \$80/\$100

Let us help you with your next party!

## Parties for Children

### Croydon Creek Nature Center

Fee: \$180 (R) / \$204 (NR)

for 10 participants

\$10 for each additional person

Saturday: 10:30 a.m.-1 p.m. and 2-4:30 p.m.

Sunday 2-4:30 p.m.

Ages: 3+ Maximum children: 25

For information: 240-314-8770

### Twinbrook Community Recreation Center

Rental Fee: \$35(R)/\$46 (NR) per hour

Additional \$30 (R)/\$35 (NR)

allows you to use half the gym for 1 hour (Not offered Jan.-Mar.)

For information: 240-314-8830

### Climbing Gym

Fee: \$150(R)/\$200(NR) for 8 participants

\$20 per additional person (2 hour party)

Saturday: 1-3 p.m. or 4-6 p.m.

Sunday: 1-3 p.m. or 4-6 p.m.

Ages: 6+ • Maximum: 15

For information: 240-314-8643

### Rockville Sk8Park

Fee: \$150 (R)/\$200 (NR)

for 10 participants

2 hour party, Saturday or Sunday only,  
10 a.m.-12 p.m.

All ages – Maximum: 20

For information: 240-314-8643

### Lincoln Park Community Center

Room or Gym rental available from

\$5/hour to \$45/hour includes room rental only

For information: 240-314-8780

R=Rockville Resident (resides within corporate limits of Rockville)/ NR= Non Rockville Resident

